



2 v 1 v 1 v 1

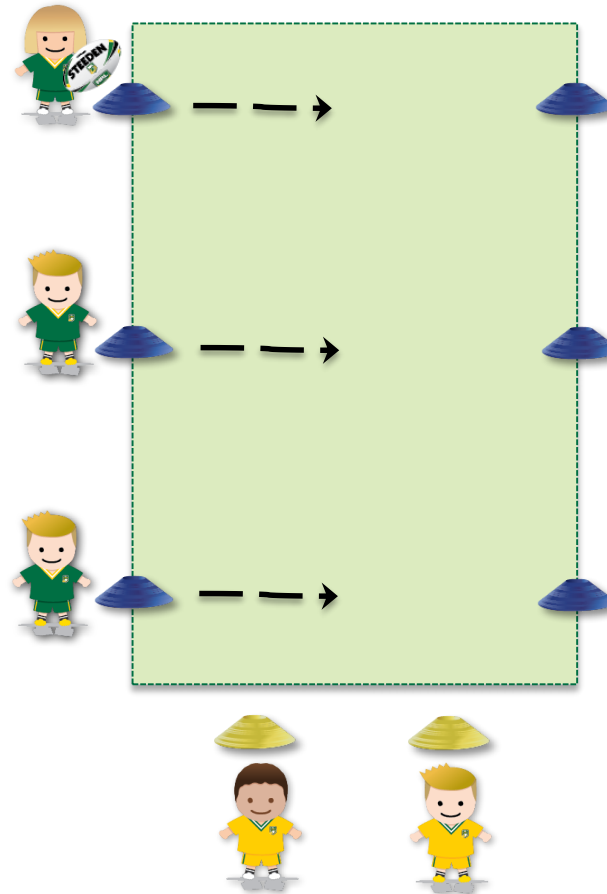
Skill - Catching and Passing

TYPE
Open

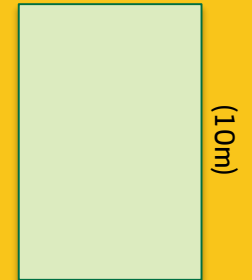
AGE
10+

Description

- » Start with 2 defenders (minimum) on each of the blue markers down one side of the grid.
- » Attackers line up in two lines behind the yellow markers at the end of the grid.
- » Balls start with defenders who are on the marker at the end of the channel.
- » The ball is passed down the side of the grid till it gets to the attackers (yellow).
- » Once defenders (green) have passed the ball, they move into the middle of the channel to defend. (they can only move laterally).
- » Attackers will have 3 x two on one scenarios.



Field Size (5m)



Players



x (3 minimum)



x (6 minimum)

Equipment



x (8) Markers



Whistle



x (2) Football Per Grid

Progression

- » Defenders can move forward or knock the ball down.



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